

## **“VICTORIAN GOSSIP GIRL”**

On Thursday, August 6<sup>th</sup> at 1:00 p.m., Judith Kalaora, professional actress, historical interpreter and educator, will present her one-woman performance at the senior center as “Victorian Gossip Girl: Annie Adams Fields (1834-1915).” Mrs. Fields counted Nathaniel Hawthorne, Oliver Wendell Holmes and Henry Wadsworth Longfellow amongst her closest friends. She witnessed a great deal of revelry at her home on Beacon Hill and she wrote about her guests’ embarrassing party fouls in her novel Authors and Friends. Join Judith performing as Mrs. Fields, as she hosts you for afternoon tea. There will be tea and cookies, laughter and disbelief, and even some blushing cheeks when you hear the truth behind the great authors of the Transcendentalist Age and the tantalizing tales of the Victorian Gossip Girl. Come join us for this entertaining program, and our thanks go to the Friends of Foxborough Seniors for sponsoring this event. Please call the senior center at 508-543-1252 to sign up.

### **Monday, August 3**

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

### **Tuesday, August 4**

Stretch & Balance 8:30 a.m.

Zumba Gold 9:45 a.m.

SHINE 10:00 a.m.

Nutrition 11:00 a.m.

Bingo 1:30 p.m.

Talespinners 2:00 p.m.

### **Wednesday, August 5**

Strength Training 8:30 a.m.

Zumba Gold 10:00 a.m.

Kohl’s 1:00 p.m.

Country Line Dancing 2:15 p.m.

Historical Lecture with Paolo DiGregorio 5:00 p.m.

### **Thursday, August 6**

“Victorian Gossip Girl” with Judith Kalaora 1:00 p.m.

### **Friday, August 7**

Stop & Shop 8:30 p.m.

Aerobic Exercises 9:00 a.m.

Cribbage 10:15 a.m.

## **SPECIAL PROGRAMS**

### **NEW SENIOR CENTER HOURS**

The senior center is now open until 6:30 p.m. every Wednesday evening and closes at 12:30 p.m. on Fridays. Check out our August 5th Wednesday schedule which includes: our Strength Training Class with Bobbie Rodman starting at 8:30 a.m.; Zumba Gold class with BB at 10:00 a.m.; the VanGo group shopping trip to Kohl’s at 1:00 p.m.; kick up your heels at our Country Line Dancing Class at 2:15 p.m., and; at 5:00 p.m. Paolo DiGregorio will be here for his historical lecture series. Our Council on Aging and Human Services staff is also here to meet your needs.

## **GARY HYLANDER LECTURE SERIES**

Gary Hylander, Professor of History at Stonehill College, is back for a return engagement of literature lectures at the senior center. On Thursday, August 13<sup>th</sup> at 10:00 a.m., Dr. Hylander will present an informational program on "The House of Mirth" by Edith Wharton. Set in the 1890's, this novel tells the story of Lily Bart, a well-born, but penniless woman of New York City's high society. Wharton herself was born into an atmosphere of opulence and privilege, and she chaffed under the rigid social restrictions and narrow perspectives of her class. Then on Thursday, August 20<sup>th</sup> at 10:00, Dr. Hylander's program will be on "The Grapes of Wrath" by John Steinbeck. Dr. Hylander is an independent scholar who specializes as a Presidential Historian. In addition to his teaching, he is a frequent lecturer as well as a public affairs commentator on local news and radio. This lecture series is sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1252 to sign up and reserve yourself a seat for this informational series.

## **COUNTRY LINE DANCING**

Get ready to kick up your heels and join us for Country Line Dancing classes at the senior center. Line dancing is a choreographed dance with a repeated sequence of dance steps, add some country music, and then the fun begins. This program is sponsored by the Friends of Foxborough Seniors. The classes will be held every Wednesday afternoon through October 7<sup>th</sup>. Each class will run for 90 minutes, from 2:15 to 4:00 p.m., with a 15 minute break at 3:00. The first half of the class will involve learning the basic steps. The second half will involve putting what you've learned into action! You are welcome to stay for the entire class or just come for the dance steps best suited to your level. Our line dancing instructor is Susan Brown. Join us for some good exercise and a great time! Please call the senior center at 508-543-1252 to sign up to reserve your spot.

## **HISTORY LECTURE SERIES**

Paolo DiGregorio, the "Artifactual Scholar," is back for another series of history lectures at the senior center. The topic of his lecture series will be "Madness, Mayhem and Monarchy: the Rise and Fall of European Royal Houses." Paolo will be talking about the Hapsburg, Bourbon and Tudor family dynasties. Join us at the senior center from 5:00 to 6:00 p.m. on the following Wednesdays: August 5 and August 19<sup>th</sup>. Paolo is an historian, archaeologist and educator with a passion for telling stories of our past and bringing history to life. This lecture series is being sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1252 if you're interested in attending and would like us to reserve you a seat.

## **WE ALL SCREAM FOR ICE CREAM!**

It is summertime, the weather's hot, and it's time to think ice cream. So we've planned some ice cream day trips once again! This year's trips will be scheduled on some Tuesday and Thursday afternoons this summer. On Tuesday, August 11<sup>th</sup> at 1:30 p.m. we'll be off to Summer Scoops in Plainville. Van space is limited, so be sure to call early if you'd like to sign up and join us. Van transportation is reserved for Foxboro residents only.

## **SCRABBLE GROUP**

Do you enjoy playing a game of Scrabble or would you like to learn how to play? We've started a new Scrabble group that meets on Monday afternoons from 12:30 to 3:00 p.m. at the senior center. Challenge your mind, enjoy some time with friends and have lots of fun. If you're interested in playing, come join us on Monday afternoons.

## **COFFEE AND CONVERSATION WITH OUR TOWN MANAGER**

Come join us at the senior center for some "Coffee and Conversation" with our Town Manager Bill Keegan on Wednesday, August 26<sup>th</sup> from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you'll be coming.

## **SENIOR SUPPER CLUB**

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, August 26<sup>th</sup>, we'll be enjoying our "Orient Express" menu of chicken teriyaki, Asian rice, Tahitian-blend veggies, lemonade and cake. The event starts at 4:30 p.m. with supper to be served at 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1252 by Monday, August 24<sup>th</sup> to make your reservation and to arrange for transportation, if needed.

### **SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY**

Watch "Your Scene Your Center" on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On August 5<sup>th</sup> and 6<sup>th</sup> the featured program will be "Healthy Relationships." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

### **FREE FUN FRIDAYS!**

Free Fun Fridays offers visitors free admission to many of the most treasured cultural venues in Massachusetts over the 10 Fridays of the summer. Sponsored by the Highland Street Foundation, this program involves 70 museums and cultural venues across the state. Some of the participating venues are: the Norman Rockwell Museum, The Old State House, Hancock Shaker Village, USS Constitution Museum, Tower Hill Botanic Garden, Old Sturbridge Village and Plimouth Plantation. For information and for a full schedule of dates and venues please check the website at [www.highlandstreet.org/freefunfridays](http://www.highlandstreet.org/freefunfridays).

### **TRIP INFORMATION**

#### **GLOUCESTER HARBOR CRUISE & SHOPPING IN ROCKPORT**

On Thursday, August 13<sup>th</sup> we'll be off to Gloucester for a 2 ½ hour cruise of Gloucester harbor and a luncheon buffet aboard the "Beauport Princess." We will be leaving Foxborough at 8:45 a.m. from the rear parking lot of St. Mary's Church. On board the "Beauport Princess," our luncheon buffet will include salad, fresh haddock, Chicken Picatta, ravioli, vegetables and dessert. When we return to shore after lunch, we will head to Rockport for some free time to shop and browse on your own. The cost for this day out is \$81 per person which includes motorcoach transportation, the 2 ½ hour cruise with lunch, and all gratuities. If you'd like to put on our waiting list, please call the senior center at 508-543-1252. Payment will be due by Friday, July 24<sup>th</sup>.

### **MEDICAL INFORMATION AND SERVICES**

#### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Tuesday, August 11<sup>th</sup> from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2<sup>nd</sup> Tuesday of each month. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

### **S.H.I.N.E**

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The next appointments are being scheduled for August 4<sup>th</sup> and 20<sup>th</sup>. In addition to the SHINE program, Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1252 to set up an appointment.

### **TAX ASSISTANCE**

#### **SENIOR TAX PROGRAM**

The Senior Tax Program is a program that allows the Town of Foxborough the opportunity to utilize the knowledge and skills of its senior residents in exchange for credit toward the residents' property tax bill. The program enhances municipal services while alleviating senior residents' tax burden. A qualified resident will be paid the current state minimum wage per hour toward a maximum credit of \$1000 per household during a fiscal year. To find out more about this program, please call the senior center at 508-543-1252.

### **REGULARLY SCHEDULED** **CLASSIC MOVIE DAY**

The featured movie classic for the month of August will be "The Red Shoes" and is scheduled for Tuesday, August 11<sup>th</sup> at 12:30 p.m. Victoria Page (Moirra Shearer) is a rising star ballerina romantically torn between an idealistic composer and a ruthless impresario intent on perfection. Hans Christian Anderson's tragic fairy tale forms the basis of this film which features outstanding dance performances and Oscar-winning sets and music. Come join us and take in a good classic movie with friends while you enjoy the comfort of the senior center. We'll make some fresh, hot popcorn for everyone. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. If you'd like to join us, please call 508-543-1252 to sign up.

### **AEROBICS**

Our one hour aerobics class now begins at 9:00 a.m. The exercises include stretching, aerobics, and hand-held weights. The class, led by YMCA instructor Joyce Collins, works on exercising the body from the neck to the ankles and is designed for all levels of ability. There is a \$2 charge for each class.

### **CHAIR YOGA CLASSES**

If you've thought about taking a yoga class, but have felt intimidated by the standing and the bending involved in the various yoga positions, come join us for our Chair Yoga Class at 9:30 a.m. on Monday mornings at the senior center. Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using a chair for support. The yoga positions used in the class will help to increase your flexibility, range of motion and core body strength while also incorporating the breathing and mind-body benefits of traditional yoga. This class is led by YMCA-certified instructor Michelle Laller, and there is a \$2 charge for each session.

### **ZUMBA CLASSES**

Zumba classes are meeting weekly in the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and through August 19<sup>th</sup>, Wednesday's Zumba classes will be held from 10:00 to 11:00 a.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come and learn some Latin dance moves with our instructor Bilyana "BB" Dimitrova, and have some fun while getting in shape. There is a \$2 charge for each class.

### **JAY BARROWS' OFFICE HOURS**

State Representative Jay Barrows holds office hours at the senior center on the 4<sup>th</sup> Monday of every month at 9:00 a.m. His next visit will be on July 27<sup>th</sup>. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

### **JOIN US FOR TAI CHI**

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:30 a.m. to 11:30 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches Qi Gong and Yoga. There is a \$2 charge for each class. Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable flat shoes. Thank you to the Friends of Foxborough Seniors for their partial funding of this program.

### **STRETCH AND BALANCE**

On Tuesdays from 8:30 a.m. to 9:30 a.m. we are offering a “Stretch and Balance” class at the senior center. YMCA-certified instructor Joyce Collins leads this low impact form of exercise incorporating adapted yoga moves, balancing, stretching, toning, breathing and relaxation. Many of the exercises are done with the participants seated in chairs. This class is appropriate for all levels and there is a \$2 charge for each class. Come and give it a try!

### **STRENGTH TRAINING**

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. YMCA-certified instructor Bobbie Rodman leads our class, and there is a \$2 charge for each class. This class is open to both men and women, so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

### **BINGO**

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, August 4<sup>th</sup> from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1252 to let us know if you’ll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

### **LOW VISION SUPPORT GROUP**

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on August 20<sup>th</sup>. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

### **SHOPPING**

We will be going to Shaw’s on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

August 5 – Kohl’s

August 12 – Job Lot/Dollar Store

### **WEEKLY SCHEDULED PROGRAMS**

#### **TALESPINNERS**

Do you have a story or an experience that you would like to share? Does a fond memory bring a chuckle or a tear every time it comes to mind? Our stories and memories are what glue us together as families, neighborhoods, and even whole societies. You may not consider yourself a writer or even a storyteller, but you may have interesting recollections to share. “Talespinners” meets every Tuesday afternoon from 2:00 p.m. to 3:00 p.m. In this group, you will have the opportunity to share and write about memories and reflections. We encourage you to come and listen to our “creations” even if you don’t write.

#### **KNITTING CLUB**

Join us for an afternoon of knitting at the senior center. Our free knitting club meets at the senior center on Monday afternoons at 1:00 p.m. This club is open for beginners who’d like to learn from other knitters, as well as for those who would like to brush up on their skills, or just work on a project. Everyone learns from each other in this class. If you have knitting needles, please bring them in with you and we’ll supply the yarn.

#### **CRIBBAGE**

The Cribbage Group meets at the senior center on Fridays at 10:15 a.m. Donna Gavin is the volunteer leader of the cribbage group and is available at the senior center most Fridays to teach you the game or to provide helpful hints to improve your game. Players of all levels are welcome to join in the fun!

**MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.**

**If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.**

**Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.**

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

**Monday, August 3**

Chicken a la King

Fluffy White Rice

Peas

Oatmeal Bread

Cantaloupe

Calories 385

Sodium 222

**Tuesday, August 4**

Sloppy Joe Sandwich

Hash Brown Potatoes

California Blend Vegetables

Hamburger Bun

Pears

Calories 305

Sodium 385

**Wednesday, August 5**

Chicken Bruschetta

Italian Style Pasta

Tuscany Blend Vegetables

Scali Bread

Chocolate Chip Cookie

**Thursday, August 6**

Beef Stew with Vegetables

Boiled Potato

Multigrain Roll

Fresh Orange

Calories 447

Sodium 312

**Friday, August 7**

Seafood & Shrimp Newburg

Rice Pilaf

Cut Green Beans

Wheat Bread

Pineapple Chunks

Calories 281

Sodium 658